



News Release

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Governor Gives Nod to Healthy Worksites

(Salt Lake City, UT) – Governor Olene Walker and the Utah Council for Worksite Health Promotion (UCWHP) will honor 36 Utah companies* for outstanding efforts in promoting wellness at their worksites. Companies receiving the Healthy Worksite Award have met specific goals, including changes in employee behavior and company policies.

Many of the worksite health programs have a wellness committee, offer on-site healthy food options, and have tobacco cessation and stress management programs available. “Each of these companies deserves a standing ovation for their efforts,” said Lynne Nilson, Director of the UCWHP, Utah Department of Health. “Implementing a worksite health promotion program shows commitment to employees’ health and well-being.”

Such a program was implemented five years ago at BD Medical in Salt Lake. “We adopted the Healthy Balance program from our health care partner, IHC. The program was altered to fit our manufacturing environment,” said LaDonne Loveday, Manager, Employee Health. “Last year we had about 70 percent of our employees enroll and 50 percent complete program goals. As a result, our company lost 1,826 pounds and we saved \$165,238 in health care costs due to the changes made by program participants.”

Other companies have seen similar success. “Our wellness program has been running for five years. A reduction in workplace injuries and improved employee health has helped us see a decrease in employee health care costs,” said Charlie Parker, Facility Operations Manager for Northrop Grumman Mission Systems in Clearfield. “Employee participation in our weight management and aerobic activity programs is at an all-time high.”

Northrop Grumman and BD Medical are two of the Healthy Worksite Award recipients.

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Eighteen companies achieved the award's highest level in 2003. "The Gold Plus level is what we hope all companies strive for," stated Nilson. "Implementing a comprehensive, long-term health promotion program allows companies to see changes in health care costs, productivity, and the overall health of their employees." Criteria for the Gold Plus level include documenting positive outcomes, such as behavior and environmental change, policy development, a wellness committee, a mission statement addressing employee health and wellness, and a health promotion program budget.

The Healthy Worksite Award is a part of the A Healthier You 2002™ Legacy Project, which also sponsors awards programs for schools, communities and college campuses. Governor Walker will present the awards at a special luncheon to be held at the Embassy Suites in Salt Lake City on January 29. For more information contact Lynne Nilson at (801) 538-6256 or visit www.health.utah.gov/worksitewellness.

*2003 Healthy Worksite Award Recipients

Bronze Level

Deseret Mutual Benefit Administrators	Salt Lake CAP Head Start
Utah Valley State College	

Silver Level

Children's Miracle Network	Clearfield City
Futura Industries	ICON Health & Fitness
Murray City Corporation	Utah County
Workforce Solutions	

Gold Level

Convergys Corporation	Delta Air Lines – Reservations
Honeywell	Northrop Grumman Mission Systems
Summit County	Ultradent
Utah Army National Guard	Verizon Wireless

Gold Plus Level

American Express	BD Medical
BYU Wellness Program	Davis County
Discover Financial Services	Fairchild Semiconductor
Healthy Utah	Intermountain Health Care
Intermountain Power Service Corporation	Novell
Nu Skin Enterprises	Pepperidge Farm, Inc.
Provo City	Regence BlueCross BlueShield of Utah
Salt Lake County	Schreiber Foods Inc.
USDA Forest Service	Utah Transit Authority

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death; assuring access to affordable, quality health care; and promoting healthy lifestyles.